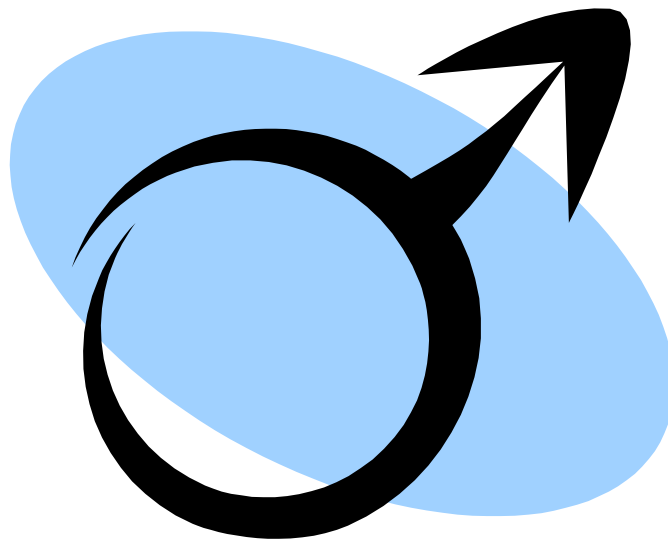


# **Men's Health**



**April 2006**

**KSC/CCAFS Health Education and Wellness Program**

**Jessica Crews, BS, CHES**  
**Kris S. Calderon, PhD, CHES**

## Introduction

When it comes to men's health, a disease state that affects men in particular is cancer. Specifically, prostate, testicular, and colorectal cancers affect many men each year. The best defense against cancer is early detection. Finding a cancer early before it has spread gives you the best chance of being cured.

Too many men die each year from cancer. Knowing about these cancers and how they can be prevented or detected early can save your life.

## Prostate Cancer

Prostate cancer is the most common type of cancer found in American men, other than skin cancer. The American Cancer Society estimates that there will be about 234,460 new cases of prostate cancer in the United States in 2006. About 27,350 men will die of this disease. Prostate cancer is the second leading cause of cancer death in men, second only to lung cancer. While 1 man in 6 will get prostate cancer during his lifetime, only 1 man in 34 will die of this disease. The death rate for prostate cancer is decreasing likely due to the fact that the disease is being detected earlier.

### Risk Factors

- **Age:** The chance of getting prostate cancer increases as a man gets older. About 2 out of every 3 prostate cancers are found in men over the age of 65.
- **Race:** For unknown reasons, prostate cancer is more common among African-American men than among White men. African-American men are twice as likely to die of the disease. Prostate cancer occurs less often in Asian men than in Whites.
- **Nationality:** Prostate cancer is most common in North America and northwestern Europe. It is less common in Asia, Africa, Central and South America.
- **Family history:** Men with close family members (father or brother) who have had prostate cancer are more likely to get it themselves, especially if their relatives were young when they got the disease.
- **Diet:** Men who frequently eat red meat or high-fat dairy products seem to have a greater chance of getting prostate cancer. These men also tend to eat fewer fruits and vegetables. Doctors are not sure which of these factors causes the risk to increase. The best advice is to eat 5 or more servings of vegetables and fruits each day and to eat less red meat and high-fat dairy products.

# **Testicular Cancer**

There will be about 8,250 new cases of testicular cancer in the United States in 2006. This cancer is not common. A man's lifetime risk of getting testicular cancer is about 1 in 300.

About 370 men will die of the disease in 2006. Testicular cancer is one of the most curable forms of cancer. The lifetime risk of dying from this cancer is 1 in 5,000.

## **Risk Factors**

Cryptorchidism (undescended testicles), White race, and a family history of the disease are the main known risk factors of this cancer. None of these factors can be prevented because they are present at birth. Also, many men with testicular cancer have no known risk factors. For these reasons, there is no way to prevent most cases of this disease.

However, it is wise to correct cryptorchidism in boys. Knowing a boy has a risk factor may cause a young man to be more watchful and to check his testicles, making it more likely a cancer will be found early.

## **Testicular Self-Exam (TSE)**

- It's best to do a TSE during or right after a hot shower or bath. The scrotum (skin that covers the testicles) is most relaxed then, which makes it easier to examine the testicles.
- Examine one testicle at a time. Use both hands to gently roll each testicle (with slight pressure) between your fingers. Place your thumbs over the top of your testicle, with the index and middle fingers of each hand behind the testicle, and then roll it between your fingers.
- You should be able to feel the epididymis (the sperm-carrying tube), which feels soft, rope-like, and slightly tender to pressure, and is located at the top of the back part of each testicle. This is a normal lump.
- Remember that one testicle (usually the right one) is slightly larger than the other for most men - this is also normal.
- When examining each testicle, feel for any lumps or bumps along the front or sides. Lumps may be as small as a piece of rice or a pea.
- If you notice any swelling, lumps, or changes in the size or color of a testicle, or if you have any pain or achy areas in your groin, let your doctor know right away.

# Colorectal Cancer

Other than skin cancer, colorectal cancer is the third most common cancer found in men and women in this country. The American Cancer Society estimates that there will be about 106,680 new cases of colon cancer and 41,930 new cases of rectal cancer in 2006 in the United States. Combined, they will cause about 55,170 deaths.

The death rate from colorectal cancer has been on the decline for the past 15 years. One reason is that there are fewer cases. Thanks to colorectal cancer screening, polyps can be found and removed before they turn into cancer. When detected early, colorectal cancer is easier to treat and possibly cure.

## **Risk Factors**

**Family history of colorectal cancer:** If you have close relatives (parent, brother or sister, or child) who have had this cancer, your risk is increased. People with a family history of colorectal cancer should talk to their doctors about how often to have screening tests.

**Certain family syndromes:** A syndrome is a group of symptoms. For example, in some families, members tend to get a type of syndrome that involves having hundreds of polyps in their colon or rectum. Cancer often develops in one or more of these polyps.

If your doctor tells you that you have a condition that makes you or your family members more likely to get colorectal cancer, you will probably need to begin colon cancer testing at a younger age and you might think about genetic counseling.

**Ethnic background:** Jewish persons of eastern European descent (Ashkenazi Jews) have a higher rate of colon cancer.

**Having had colorectal cancer before:** Even if a colorectal cancer has been completely removed, new cancers may start in other areas of your colon and rectum.

**Having a history of polyps:** Some types of polyps increase the risk of colorectal cancer, especially if they are large or if there are many of them.

**A personal history of chronic inflammatory bowel disease:** Chronic inflammatory bowel disease (IBD), including ulcerative colitis and Crohn's disease, is a condition in which the colon is inflamed over a long period of time. If you have chronic inflammatory bowel disease, your risk of developing colorectal cancer is increased. If you have this problem, you should start being screened at a young age and have the tests often.

**Age:** Your chance of having colorectal cancer goes up after age 50. More than 9 out of 10 people found to have colorectal cancer are older than 50.

**Diet:** A diet high in fat, especially fat from animal sources, can increase the risk of colorectal cancer. The American Cancer Society recommends choosing most of your foods from plant sources, eating at least 5 servings of fruits and vegetables every day, and limiting the amount of high-fat foods you eat.

**Lack of exercise:** People who are not active have a higher risk of colorectal cancer.

**Overweight:** Being very overweight increases a person's colorectal cancer risk.

**Smoking:** Most people know that smoking causes lung cancer, but recent studies show that smokers are 30% to 40% more likely than nonsmokers to die of colorectal cancer. Smoking also increases the risk of many other cancers as well.

**Alcohol:** Heavy use of alcohol has been linked to colorectal cancer.

### **Colorectal Cancer Screening**

Any KSC/CCAFS employee can obtain a fecal occult blood test (FOBT) kit from the Occupational Health Facility. Beginning at age 50, the test should be performed every year.

## **Cancer Prevention**

- **Eat a variety of healthful foods, with an emphasis on plant sources.**

Eat five or more servings of a variety of vegetables and fruits each day.  
Choose whole grains in preference to processed (refined) grains and sugars.  
Limit consumption of red meats, especially those high in fat and processed.  
Choose foods that maintain a healthful weight.

- **Adopt a physically active lifestyle.**

Adults: engage in at least moderate activity for 30 minutes or more on 5 or more days of the week; 45 minutes or more of moderate to vigorous activity on 5 or more days per week may further enhance reductions in the risk of breast and colon cancer. Children and adolescents: engage in at least 60 minutes per day of moderate-to-vigorous physical activity at least 5 days per week.

- **Maintain a healthful weight throughout life.**

Balance caloric intake with physical activity.  
Lose weight if currently overweight or obese.

- **If you drink alcoholic beverages, limit consumption.**
- **Do not use tobacco products.**

## References

*At a Glance-Nutrition and Physical Activities.* American Cancer Society. Retrieved on 21 March 2006 from

[http://www.cancer.org/docroot/PED/content/PED\\_3\\_2X\\_Recommendations.asp?sitearea=PED](http://www.cancer.org/docroot/PED/content/PED_3_2X_Recommendations.asp?sitearea=PED)

*How Many Men Get Prostate Cancer?* American Cancer Society. Retrieved on 15 March 2006 from

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_2\\_1X\\_How\\_many\\_men\\_get\\_prostate\\_cancer\\_36.asp?rnav=cri](http://www.cancer.org/docroot/CRI/content/CRI_2_2_1X_How_many_men_get_prostate_cancer_36.asp?rnav=cri)

*How Many Men Get Testicular Cancer?* American Cancer Society. Retrieved on 20 March 2006 from

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_2\\_1x\\_How\\_Many\\_People\\_Get\\_Testicular\\_Cancer\\_41.asp?sitearea=](http://www.cancer.org/docroot/CRI/content/CRI_2_2_1x_How_Many_People_Get_Testicular_Cancer_41.asp?sitearea=)

*How Many People Get Colorectal Cancer?* American Cancer Society. Retrieved on 16 March 2006 from

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_2\\_1X\\_How\\_Many\\_People\\_Get\\_Colorectal\\_Cancer.asp?sitearea=](http://www.cancer.org/docroot/CRI/content/CRI_2_2_1X_How_Many_People_Get_Colorectal_Cancer.asp?sitearea=)

*How to Perform a Testicular Self-Examination.* Teens Health, Nemours Foundation. Retrieved on 20 March 2006 from

[http://www.kidshealth.org/teen/sexual\\_health/guys/tse.html](http://www.kidshealth.org/teen/sexual_health/guys/tse.html)

*What Are the Risk Factors for Colorectal Cancer?* American Cancer Society. Retrieved on 21 March 2006 from

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_4\\_2X\\_What\\_are\\_the\\_risk\\_factors\\_for\\_colon\\_and\\_rectum\\_cancer.asp](http://www.cancer.org/docroot/CRI/content/CRI_2_4_2X_What_are_the_risk_factors_for_colon_and_rectum_cancer.asp)

*What Causes Colorectal Cancer?* American Cancer Society. Retrieved on 21 March 2006 from

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_2\\_2X\\_What\\_causes\\_colorectal\\_cancer.asp?rnav=cri](http://www.cancer.org/docroot/CRI/content/CRI_2_2_2X_What_causes_colorectal_cancer.asp?rnav=cri)

*What Causes Prostate Cancer?* American Cancer Society. Retrieved on 16 March 2006 from

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_2\\_2X\\_What\\_causes\\_prostate\\_cancer\\_36.asp?rnav=cri](http://www.cancer.org/docroot/CRI/content/CRI_2_2_2X_What_causes_prostate_cancer_36.asp?rnav=cri)

*What Causes Testicular Cancer?* American Cancer Society. Retrieved on 20 March 2006 from

[http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_2\\_2x\\_What\\_Causes\\_Testicular\\_Cancer\\_41.asp?rnav=cri](http://www.cancer.org/docroot/CRI/content/CRI_2_2_2x_What_Causes_Testicular_Cancer_41.asp?rnav=cri)

## Resources

American Cancer Society  
Brevard Office  
1260 US 1 Highway, Suite 201  
Rockledge, FL 32955  
Phone: (321) 433-3109  
[www.cancer.org](http://www.cancer.org)

Cancer Support Group  
Wendyann R. Wyatt, Employee Assistance Program Administrator  
Kennedy Space Center – Occupational Health Facility  
321-867-7398